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# The Fort Jackson Leader



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## Rite of passage



Photo by CRYSTAL LEWIS BROWN

From left, Brig. Gen. Richard Mustion, outgoing commander of the Soldier Support Institute, Maj. Gen. James Chambers, commander of the Combined Arms Support Command, and Col. Mark McAlister, the new SSI commander, salute during the SSI Change of Command ceremony yesterday at the Officers' Club.

## McAlister assumes SSI command from Mustion

By DELAWESE FULTON  
Fort Jackson Leader

Brig. Gen. Richard Mustion said he welcomes his new assignment, but he will miss being commander of the U.S. Army Soldier Support Institute at Fort Jackson.

During a ceremony yesterday, Mustion relinquished command of SSI to Col. Mark McAlister. Mustion begins his new assignment Wednesday as the Army's adjutant general, which includes commanding the Physical Disability Agency, and serving as the executive director of the Military Postal Service Agency in Alexandria, Va.

"I have enjoyed Fort Jackson and the training environment that's here. I will miss the close-knit community of Fort Jackson,"

Mustion said.

Mustion said he is most proud of helping the Army train and prepare more capable Soldiers. During his tenure at Fort Jackson, Mustion was charged with implementing more rigorous and realistic training initiatives for Soldiers. And though he only had a year to achieve his task, Mustion saw it as a challenge and a rewarding experience.

"As I look back, (I think my greatest achievement) was being able to produce and educate quality Soldiers for the Army," he said.

Mustion has had a hand in training about 28,000 Soldiers.

One of the first tasks of his new role and new challenge will be coordinating the relocation of the Army's Physical Disability

Agency and Military Postal Service operations to Fort Knox, Ky. Mustion will be managing a staff twice the size of SSI's. There are more than 500 Soldiers and civilians assigned to SSI.

Mustion, 50, has served in the Army for 28 years, and he has been married to his high school sweetheart Kelly for just as long. He said they will miss their friends and co-workers, and the support of the leadership at Fort Jackson.

"I've had a great experience at Fort Jackson — a terrific job, terrific folks to work with .... It's going to be bittersweet," Mustion said.

Ralph Allison, SSI chief of staff, said

See SSI: Page 8



# Hard work culminates in fireworks

For a few hours tomorrow evening, thousands of Fort Jackson community members, along with our neighbors from Columbia and the Midlands, will be treated to a fantastic display of music and fireworks as Fort Jackson hosts its annual birthday tribute to our nation with Torchlight Tattoo.

As it has been for nearly three decades, Torchlight Tattoo promises to be a powerful patriotic observance and a sight to behold. But did you ever wonder what goes on behind the scenes to enable us to light up the sky each year at this time?

Torchlight Tattoo is more than just a fireworks show and a few hours of music and entertainment. It's the culmination of extensive planning and execution, carried out in precision. This is our Times Square-on-New Year's Eve-type event.

Consider that Torchlight Tattoo requires the strength of two battalions and the support of practically every unit on post — at one point or another — to ensure another successful event.

Let's just take a quick look at just what the challenge of traffic control presents.

Consider that we are preparing to host thousands of

## BRIG. GEN. BRADLEY W. MAY

*Fort Jackson  
Commanding  
General*



spectators at Torchlight Tattoo, most driving on and off-post. Maintaining this type of movement requires another super effort from our Military Police who will be assisted by some 75 Soldiers from the Training Support Battalion in manning the traffic control points.

This is just for starters. In all, some 350 TSB Soldiers will be needed for traffic control, ushers, escorts and so forth. But that's not all. Some 120 Soldiers from the 369th Adjutant General Battalion will be part of the ceremony itself. And a group of Soldiers will be double checking details this evening once everything gets set up.

Once again, the Soldier Support Institute has done a

magnificent job assuming the primary role in coordinating everything for this event. I can't say enough good things about SSI.

Let's not forget the members of the 282nd Army Band, who will provide us with the music and the 171st Infantry Brigade Salute Battery, which is part of the show. There has been a lot of practice and rehearsing on their parts as well.

And the folks from FMWR deserve recognition for setting up the food, entertainment, and the games and rides for children before the show, among other things.

The planning for tomorrow night's show started back in April and has been cruising along in high gear these past three weeks, making sure all the bases are covered before, during and after the event. And as I said, there are so other many units and directorates involved that I would need all the space in this column and the space in the next three columns to thank everyone properly.

This is a toast to teamwork and to accomplishment, something that I witness every day in many shapes and forms, from gate to gate on Fort Jackson.

It is fitting that all the long planning and hard work culminate with some fireworks.

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

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# ETS medical examination; SGLI; family life consultants

*I will get out of the Army in eight months. Am I required to take a medical examination?*

There are no statutory requirements for Soldiers on active duty Army status, United States Military Academy cadets, and members of the Army Reserve or National Guard on active duty for training, to undergo a medical examination before separating from service. However, it is Army policy to conduct a medical examination under the following circumstances:

— A Soldier retires after 20 or more years of active duty service;

— A Soldier is being discharged or separated from active duty and requests a medical examination. However, if a Soldier declines a medical examination, his health record must be reviewed by a physician or physician assistant before separation.

— The review of a Soldier's health records warrants an examination.

— An examination is required by Army Regulation 40-501, Standards of Medical Fitness.

Soldiers requiring medical or dental care may be retained on active duty past their End Tour of Service only if retention has been authorized and continued hospitalization or physical disability processing is required.

*How much Service Members Group Life Insurance, or SGLI, can a Soldier have and what periods are covered?*

The maximum amount of SGLI coverage a Soldier may have at one time is \$400,000. A Soldier may elect to be insured for lesser amounts in increments of \$50,000. If you choose to decline or reduce your SGLI coverage, you must complete and file a form SGLV 8286, SGLI and certificate, with your uniformed service.

If you have the maximum amount of SGLI, you have the right to retain any other government or private insurance. Married service members should be aware that if

## COL. LILLIAN A. DIXON

*Fort Jackson  
Garrison  
Commander*



they elect to cancel coverage, their spouses will be notified by DoD. In addition, if they reduce their coverage below the maximum amount, their spouses will be notified upon the first reduction of coverage and any subsequent reductions of coverage if those reductions result in less coverage than the initial reduction.

If you are a full-time member on active duty, you are covered year round. Your coverage is in effect during the period of active duty or inactive duty training and for 120 days following separation or release from duty.

## GARRISON FACT OF THE WEEK

Fort Jackson has four Military Family Life Consultants who are professionally licensed and credentialed masters-level social workers, therapists and psychologists. They are able to work with Army youth and their families at no charge. The MFLCs are spread out through the child development centers, the middle school and teen programs, and DoDEA schools' summer enrichment program. They are available for consultations days, evenings or weekends. The MFLCs specialize in the areas of deployment and reintegration, stress management, behavioral management, conflict resolution and anger management. To request the services of an MFLC, call 751-3053.

*To submit questions, call 751-2842, or e-mail [scott.nahrwold@conus.army.mil](mailto:scott.nahrwold@conus.army.mil).*

# Child safety never takes back seat

By CRYSTAL LEWIS BROWN

Fort Jackson Leader

Eleven of Fort Jackson's law enforcement and safety experts are now better equipped to educate parents on how to keep their children safe in the event of a car accident.

The group, which included Military Police, DA police and safety center workers, was part of a 3 1/2-day class on how to properly install and inspect child safety seats.

The course involved three days of classroom instruction and a half-day of hands-on training, in which child safety seat inspections were conducted for passers-by. Those who attended the class are now certified to inspect the seats.

DA police officer Lionel Brown, who works in the C.O.P.S. section, said the purpose of the class was not to learn to install seats for others, but to teach parents the proper way to do it themselves.

C.O.P.S. — which stands for community orientation policing services — is a community outreach facet of the police department.

"The main purpose is really to educate the public on the correct way to, not only install (a child safety seat), but how to choose one," he said.

During the safety check, which can take 15 to 25 minutes, inspectors look for wear and tear on the seat, check the expiration date and install the seat in the best position to minimize injuries to a child in the event of an accident. They also have parents put the seat in to make sure they know how to properly install it.

Brown said parents should be sure to take time from their schedules to have their seats checked, when possible.

"Taking that (time) can actually save the child's life," he said.

Meredith Maliszewski, a child passenger safety instructor with the South Carolina Department of Health and Environmental Control, taught the class.

"We want to make sure everyone in the state — all the children are safe," she said.

Having a properly installed car seat is a big part of that, she added. In South Carolina, 90 to 95 percent of all car seats are installed incorrectly. Automobile accidents are the leading cause of unintentional death among children up to 14 years old.

Having an incorrectly installed car seat puts the child in even more danger, Maliszewski said.

Rob Paton, with Fort Jackson's Safety Center, was instrumental in scheduling the class. Like Brown, he thinks having the parent install the seat is crucial.

"The main purpose is to educate the parents on how to do it themselves," he said. "A lot of parents, when they get a car seat, think (all they have to do) is buckle the seat belt and go. There's a lot more to it than that."

He said the biggest problem he encounters is when parents attempt to modify the seat to make it safer. Installing it according to the manufacturer's directions will ensure it is safe, he said.

Paton also cautions parents to make sure they have the right car seat. A car seat that is too small, too big or too old



Photo by CRYSTAL LEWIS BROWN

**Officer Lionel Brown, a DA police officer, inspects a child safety seat as part of a certification process last week. Brown was certified to inspect the seats and teach others how to correctly install them.**

can be dangerous. A seat should be replaced if it has ever been in a crash, even if there is no visible damage. Hand-me-down seats should also be avoided, because it can be difficult to know for sure whether they have been involved in an accident, and the seats may have "expired." Each child safety seat has an expiration date, which is often stamped on the back of the seat.

Brown said parents should also avoid adding toys or decorations to the handle of the seat.

"If something happens and you are in a crash ... that will be just another projectile," he said.

The newly certified child safety seat inspectors plan to have another day of inspections in August. In the meantime, parents concerned about the correct placement or installation of the seats still have an opportunity to have them checked. Off post, parents can make an appointment with Maliszewski to have the seat inspected. Call 545-4349 to make an appointment. On post, parents can stop by the Safety Center, located at 3290 Forney St. where there are three certified inspectors.

*Crystal.Y.Brown@us.army.mil*

## CHILD SAFETY SEAT TIPS

❑ Always put your child in a size-appropriate safety seat, even if you are only traveling a short distance. If used correctly, child safety seats are 71 percent effective in reducing fatalities in children under the age of 5, and 69 percent effective in reducing the need for hospitalization.

❑ Never use a car seat that has been in a crash. Even if there is no visible damage, it may be less effective.

❑ Always use the complete harness to secure your child. If your seat has a top latch, it should fit securely over your child's chest.

❑ Do not forget to send in the registration card that comes with your child safety seat. This allows the manufacturer to send out important updates, like a recall.

❑ Avoid leaving the handle of the car seat up or putting toys or decorations on the handle. A handle that is left up is just another obstacle if you are in an accident.

❑ In most cars, the safest position for a rear-facing infant seat is the middle, because the most deadly type of collision is a side-impact collision. If a parent is concerned about not being able to see the child, install a shatter-proof mirror on the headrest in front of the seat.

❑ Make sure the seat is installed tightly enough. The car seat should not move more than one inch from side-to-side. If installing a base, you may have to get inside of the seat to ensure the seatbelt is placed tightly enough.

*Compiled from the Fort Jackson Safety Center and the Department of Health and Environmental Control.*

## CAMPAIGN PLAN FOCUS



This initiative falls under campaign objective 6.0 (Enhance the quality of life for families and civilians.) Quality of life is one of the campaign plan's three lines of operation.

## SOUTH CAROLINA CHILD SAFETY SEAT LAW

❑ Children from birth to 1 year old, or who weigh less than 20 pounds, must be secured in a rear-facing child safety seat.

❑ Children, 1 through 5, weighing 20 to 40 pounds, must be restrained in a forward-facing child seat.

❑ Children, 1 through 5, weighing 40 to 80 pounds, must be secured in a belt-positioning booster seat.

*Source: South Carolina Department of Public Safety, [www.buckleupsc.com](http://www.buckleupsc.com)*



## Housing Happenings

❑ A Town Hall Meeting for residents of the Single Soldier Complex is scheduled for July 15, 5:30-7 p.m. at the Solomon Center.

❑ Remember to consult your resident guide this summer. Please refer to the following policies: Trailers, boats, etc. — Page 26; toys in yard — Page 30; litter control — Page 25; mistreatment of playgrounds — Page 29; swimming pool policies, Page 32.

❑ In order to keep the community beautiful, all abandoned toys, bikes, clothing, etc. will be picked up by Balfour Beatty Communities staff and placed in a lost and found. If you are missing an item, please contact the maintenance shop at 787-6416.

❑ LifeWorks events are always free and open to all residents. To register, or for more information, contact Courtney at 738-8275 or e-mail [CoWilliams@bbcgrp.com](mailto:CoWilliams@bbcgrp.com). Join the LifeWorks e-mail list and stay informed. Send your contact information to Courtney today.

❑ June Yard of the Month nominations are currently being accepted. Call 738-8275 or e-mail your nominations to

[CoWilliams@bbcgrp.com](mailto:CoWilliams@bbcgrp.com).

❑ Lease renewals are being accepted for those with leases expiring July 31. Get extra money just for renewing your lease. Call the Community Management Office today to schedule an appointment.

❑ Balfour Beatty Communities is now leasing to single Soldiers E6 and above. There are a limited number of apartments available on Thomas Court for single Soldiers. Contact the Community Management office for details. If you refer someone and they move in, you will receive \$300.

❑ Balfour Beatty Communities is fine tuning its emergency voice broadcasting system. Please be sure to have current phone numbers on file in case of an emergency. Share this information with your neighbors.

❑ Balfour Beatty Communities now has a fully furnished model home available for viewing. The home features the upgrades that are currently being installed in both vacant and occupied homes. Contact the office to schedule a tour of the model home.

❑ Grading and infrastructure continues in the PT3 and PT6 areas. The slab has been poured for the community center. Building slabs in PT3 are scheduled to be poured this week.

Asbestos abatement is ongoing in PT6 with the last portion of the area to start demolition next week. Asbestos abatement is ongoing in the PT 2 area. To date, 64 demolitions have been completed in PT3 and PT6.

❑ Grading and site work continues in the CGO area.

❑ Grading and site work continues in the FGO area. Dirt continues to be imported to the area to raise and level the surface before infrastructure work can begin.

❑ The senior officer area continues with building pads, concrete and plumbing infrastructure. Framing is scheduled to begin next week.

❑ Parents are reminded to keep children away from the fenced in areas as construction continues. With abatement and demolition, the structures can become weakened and could cause serious injury.

## Water safety tool launched

*From U.S. Army Combat Readiness/Safety Center*

FORT RUCKER, Ala. — In an effort to reduce the number of incidences of water related deaths and injuries to Soldiers, family members and civilians, the U. S. Army Combat Readiness/Safety Center has launched an interactive, Web-based, multimedia water safety tool available on the USACR/Safety Center home page at <https://safety.army.mil/WaterSafety>.

The new tool, which requires users to have Adobe Flash Player 9 installed on their computers, is designed to provide water safety-related content in an appealing and engaging format.

“In 2007, the Army lost 15 Soldiers in water-related accidents,” Dr. Patricia LeDuc, USACR/Safety Center Human Factors Task Force director, said. “Although that number went down last year, we never want to see it that high again and a tool like Water Safety is going to help us keep complacency low and safe water fun high.”

The new water safety tool features safety-related content presented to the user through videos and entertaining and informative safety challenges. The interactive challenges will display safety messages (tips, statistics and trivia) to promote water safety awareness, knowledge and a more water safety-conscious lifestyle.

Four water safety challenges are available: swimming, personal watercraft, life ring toss and beach hazards.

The swimming challenge promotes awareness and development of “safe swimming behaviors.” Users control a swimmer trying to swim across a lake to a dock and back. On the way, the swimmer will need to avoid obstacles and conserve energy. Users are presented safety messages for grabbing life rings and collect bonus points or get additional energy for acknowledging the safety message.

During the personal watercraft challenge, the user will control a personal watercraft while trying to navigate the lake to a dock. Successful safe docking will accumulate points for the user. Before being allowed to operate the personal watercraft, safety-related information needs to be reviewed and checked off.

The life ring toss challenge is designed to promote general water safety awareness. The user will have to be on the watch for struggling swimmers and is provided with safety-related information throughout different difficulty levels. The environment changes with an increased number of swimmers and the addition of wind and interference objects.

The beach hazard challenge is designed to promote beach safety awareness. This challenge includes information on sunscreen, heat-related injuries and other injuries (cuts and sunburns) common at the beach. During challenge play, the user will control a walker trying to navigate to a destination on the beach while avoiding obstacles on the beach. Bonus points can be obtained by finding items to include sunscreen, sunglasses and a wide-brimmed hat.

## Saluting those who serve



*Photo by DELAWESE FULTON*

Fort Jackson Soldiers who recently returned from deployments to Iraq and Afghanistan are honored during Basic Combat Training graduation Friday at Hilton Field. From left, Staff Sgt. Robert Landes, U.S. Army Garrison Fort Jackson; Sgt. 1st Class David Faughnan, 171st Infantry Brigade; Capt. James Burkes, 165th Infantry Brigade; and Capt. Neysa Burkes, Soldier Support Institute.

### CAMPAIGN PLAN FOCUS



Safety programs are part of the Fort Jackson campaign plan as a major objective (7.1 on the strategy map). Safety programs train leaders (and Soldiers) in composite risk management, which falls under “Training,” one of the campaign plan’s three lines of operation.



# Culbertson embraces leadership role

By **SUSANNE KAPPLER**  
*Fort Jackson Leader*

Garrison Command Sgt. Maj. Christopher Culbertson has been on the job for only one month, but he has a clear picture of what he wants to achieve.

"I'm an advocate of standards and discipline. If I had to (pick) one single area in which I would want to make the most impact, it would definitely have to be the standards of the installation," he said. "Fort Jackson is the premier Basic Combat Training Center of Excellence. And when someone comes on Fort Jackson, that's the picture they should see. That should be the first positive impression that someone gets of Fort Jackson and, for the most part, of the Army.

"We have a whole lot of Soldiers who are coming from what I call the 'great American public.' They have expectations of Fort Jackson and of the Basic Combat Training Center of Excellence. And somehow, some way, we have to be able to satisfy that expectation."

Culbertson explained that in order to achieve those goals, everyone involved needs to take pride and ownership in their work.

"In order for Fort Jackson to be successful, it takes a collective effort from everybody," he said. "A collective effort from everybody pitching in to do their small piece is what will allow this puzzle to come together and be a pretty picture."

Culbertson's career in the Army began in 1983 when a friend of his decided to enlist. Culbertson, who had planned to attend college on a basketball scholarship, accompanied his friend to the recruiting office and walked out a new recruit himself.

"I think I was a disciplined kid and young adult," he said. "So I figured the Army wouldn't be too tough or too difficult for me."

Culbertson's first assignment was to Korea, which he

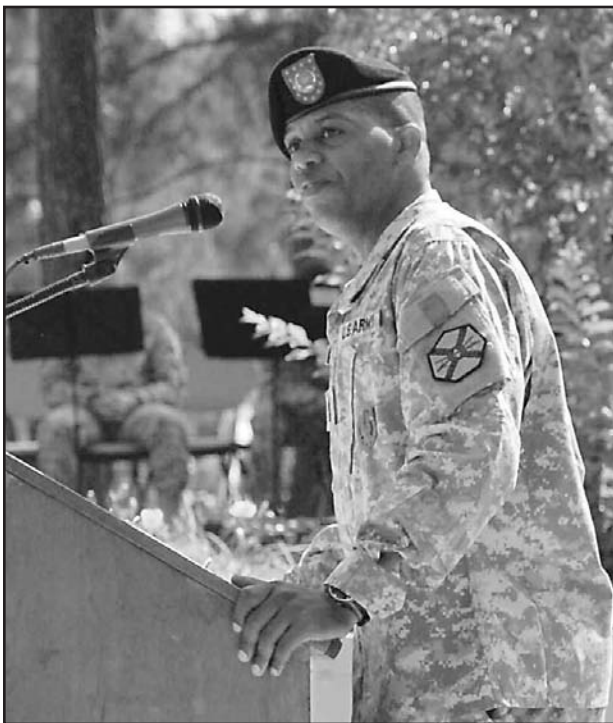


Photo by **SUSANNE KAPPLER**

**Garrison Command Sgt. Maj. Christopher Culbertson speaks during his Assumption of Responsibility ceremony last month.**

said was somewhat of a culture shock for him.

"Those experiences I took back to Hometown, USA and to other installations that I went to," he said. "I started appreciating the Army, the United States and the things that we have that not a lot of other nations have."

With his promotion to sergeant in 1986, Culbertson embraced the challenge of being a noncommissioned officer.

"Ever since then .... I've tried to develop and come up with the right strategy to be a leader," he said.

He said he sees himself as a leader who likes to give

clear directives, but also allows his Soldiers the latitude to make decisions.

"If (the Soldiers) know exactly what the expectations are and what the end result is supposed to be and you give them left and right lanes — more times than not, they'll drive down the right side of the road," he said.

He admits, though, that the responsibility of leadership is not without challenges.

"Once you get to a certain level in your career ... there always has to be a balance between one, work, two, family life and three, your spiritual and religious preference," he said. "That's one of my challenges as a leader, trying to have the right mix between church and family and job. It's something that I struggle with. And I don't want to not give one part the attention it needs, because if you do, it will show pretty quickly."

Culbertson's first chance to demonstrate his leadership skills on Fort Jackson came in 1995, when he became a drill sergeant with the 2nd Battalion, 39th Infantry Regiment. He later came back to Columbia as a recruiter. While working as a recruiter, Culbertson was selected for promotion to master sergeant.

"I told my battalion sergeant major that I wanted to be a first sergeant on Fort Jackson," he recalled.

Culbertson was released from his recruiting obligation and became a first sergeant in the 1st Training Brigade, which at the time was commanded by Col. Kevin Shwedo, now Fort Jackson's deputy commanding officer. Culbertson credits Shwedo with improving his leadership skills.

"His actions have really showed me and taught me how to be an effective leader in the IET environment," he said.

Culbertson said that being familiar with the IET mission will help him in his current position.

"Having background knowledge of the units that are on this installation will give me a better understanding of how I can go out and support the organizations," he said.

*Susanne.Kappler1@us.army.mil*

## Donning their berets



Photo by **STEVEN HOOVER**, U.S. Army Chaplain Center and School

**Chaplain Basic Officer Leader Course students switch from soft caps to berets during a "beret ceremony" June 26 at the U.S. Army Chaplain Center and School. The ceremony is conducted at the end of Chaplain Initial Military Training, usually around the fourth week of the course. The black beret has been the standard Army headgear since Oct. 17, 2001.**

## DOIM Signals

**Fort Jackson has begun to upgrade existing Windows XP workstations to Microsoft Windows Vista operating system and Microsoft Office 2007.**

**This implementation is being done in phases and is projected to be completed by the end of October. There are computer-based training classes provided by Skillport that will prepare users for using the next generation Operating System Windows VISTA.**

**Recommended training:** To ensure that users are prepared for these changes the following listed eLearning courses are recommended. All recommended courses are available and accessible through the Army eLearning Web site <https://usarmy.skillport.com>. Upon authenticating in the Web site, the courses will be listed under the "Catalog" tab.

**For all computer users and or operators of computer systems:**

**My Assignment >> Desktop Curricula >> Microsoft Windows Vista for End Users >> Microsoft Windows Vista: New Features for End Users, Expected duration — 3.7 hours**

**My Assignment >> Desktop Curricula >> Microsoft Windows Vista for End Users >> Microsoft Windows Vista for the End User, Expected duration - 5 hours**

**My Assignment >> Desktop Curricula >> Microsoft Office 2007 >> Microsoft Office 2007: New Features**



# SSI greets commander

Continued from Page 1

Mustion would also be missed.

“Serving with (Brig. Gen.) Mustion, during his tenure as the SSI CG, has been rewarding,” Allison said. “His vision, leadership and dedication are infectious. He will continue to leave his mark on the Soldiers, families and civilians that make up our



**MUSTION**

great Army by serving as the next adjutant general.”

McAlister is former executive officer to the assistant secretary of the Army (Financial Management and Controller) and

former chief of Plans, Programs and Budget Integration at the Pentagon.

“(My wife) Beverly and I are extremely excited about joining the Fort Jackson and greater Columbia community,” McAlister said a few days before the change-of-command ceremony.

“We look forward to leading and training the great Soldiers and civilians of the Soldier Support Institute.”

*Delawese.Fulton@us.army.mil*

## Tough competition



*Photo by PATRICK BUFFETT, Army News Service*

**Fort Jackson Drill Sergeant of the Year, Sgt. 1st Class Michael Cavezza, Company A, 3rd Battalion, 13th Infantry Regiment, shows his determination to achieve the highest score possible during the AFPT situp event of the 2009 U.S. Army Drill Sergeant of the Year competition at Fort Monroe, Va. Seven drill sergeants competed for the title, which was won by Staff Sgt. Michael Johnston from Fort Benning, Ga.**

## H1N1 update

As of yesterday, there have been a total of 25 confirmed H1N1 cases since April.

Moncrief Army Community Hospital is awaiting laboratory results in 22 other cases in which patients tested positive for Type A flu.

If a Fort Jackson patient complains of flu-like symptoms and tests positive for Type A flu on a rapid flu test, a lab specimen is forwarded to South Carolina Department of Health and Environmental Control for further evaluation.

The results are usually known within 24 to 48 hours. Until the results are returned, the patients are cared for in isolation.

Fort Jackson has been monitoring H1N1 flu cases since April. Fort Jackson's command group will continue to notify the community of any significant changes in the current situation.

# Saving pays dividend during vacation time

The weather is hot, the kids are out of school and it is time that many of us could use a break from work.

For those who have not already made summer vacation plans, it is not too late to plan for a memorable time.

Here are some ideas to save for your summer vacation:

### DEVELOP YOUR SPEND PLAN

You should calculate all of the expenses needed for your vacation. Where are you going? Will you fly or drive? What are the transportation costs? How long will you stay? What are the hotel costs?

Make adjustments if you think that the costs are too high. Begin to think of alternatives that can save you money.

For example, can you stay with a family member or share the costs with another family? You definitely want to have an idea of how much the ideal summer vacation will cost.

### SET WEEKLY GOALS

Each week you should have a goal to

## FINANCIAL ADVICE

By JOI TANN

*Army Community Services*

save money that will go into your vacation plan. For example, for week one, you may have a goal of saving \$30.

If you normally go to the movies or out with your friends on the weekend, sacrifice that weekend in order to meet your goal of \$30.

### TAKE YOUR LUNCH TO WORK

Eating out has its conveniences; however, eating out every day can affect your finances. If you do not want to give up eating out then you may want to consider researching restaurants that have a “kids eat free nigh.” Look for newspaper coupons that give discounts or free meals for some restaurants.

### HAVE A GARAGE OR YARD SALE

You will be amazed at the amount of cash that you can earn at a yard sale. Some-

one may be willing to purchase one of those nice suits or shoes that do not fit you anymore.

You can also get your kids to help. This is a terrific way to teach them about finances.

### SHOP AROUND FOR RATES

You will be amazed of the deals that you can get just by asking about a better rate. Don't wait until the last minute to reserve your flight or hotel because you will accept the first rate that you get. Taking the time to research different rates can save hundreds of dollars.

### VISIT THE TRAVEL CENTER

The center has plenty of information on available trips and attractions. The travel center can assist you with airline and hotel reservations, car rentals, cruises, Amtrak and tours.

For more information on budgeting and saving or anything else concerning personal finances, call an Army Community Service financial counselor at 751-5256.



Photo by STAFF SGT. CHRISTOPHER LAND,  
319th Mobile Public Affairs Detachment

Col. Richard Sheider Sr., commander of the 310th Human Resource Sustainment Center, addresses the crowd during a departure ceremony June 20 at the Solomon Center. The unit will deploy to Kuwait for one year.

# Unit prepares for deployment

Special to the Leader

A departure ceremony took place June 20 for the 310th Human Resource Sustainment Center, which will depart for a one-year deployment to Kuwait. The event, held at the Solomon Center at Fort Jackson was attended by Col. Larry Smith, Deputy Commander, 143rd Sustainment Command (Expeditionary), Sgt. Maj. Jose Licea, Col. Richard. Sheider Sr., 310th HRSC commander and 310th HRSC Sgt. Maj. Catherine Berner. The 310th HRSC falls under the 207th Regional Support Group, which is subordinate to the 143d Expeditionary Sustainment Command under U.S. Army Reserve Command.



## Message from the Commanding General United States Army Training and Doctrine Command

### INDEPENDENCE DAY HOLIDAY WEEKEND AND SUMMER SAFETY

I'd like to wish you and your Families a happy, healthy, and safe Independence Day.

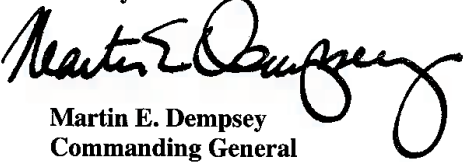
The Soldiers and civilians of TRADOC and their Families understand the cost of freedom. Thank you for all you do for this command, for your fellow Soldiers, for our Army, and for our Nation every day.

This holiday weekend marks the beginning of the summer season with all of the many recreational activities, celebrations, vacations--and risks--that those activities can involve.

Protect your family and friends as you enjoy these activities. Manage risk using the tools we've provided to you. Composite Risk Management works whether in planning training or in planning recreation.

My wife, Deanie, joins me in wishing you a Happy Fourth of July!

Victory Starts Here!



Martin E. Dempsey  
Commanding General



### LEADERSHIP--FORCE PROTECTION--SAFETY

DEMPSEY SENDS # 9-09





# Faith, guidance inspire Goodwin



Photo by DELAWESE FULTON

**Sgt. 1st Class Marquise Goodwin, Company B, 369th Adjutant General Battalion, is Fort Jackson’s 2009 Platoon Sergeant of the Year. Goodwin said the achievement serves as “a testament to all the hardworking Cadre and Soldiers of the 369th AG Bn. I just wanted to represent for the team.” Goodwin added that he is, “honored for the opportunity, grateful for the victory and blessed to be a Soldier.” In addition to taking a written test and appearing before a formal board review, Goodwin competed in a series of weapons, warrior and battle tasks.**

**Rank, name**  
Sgt. 1st Class Marquise Goodwin

**Unit**  
Company B, 369th Adjutant General Battalion

**Military Occupational Specialty / Job title**  
42A, human resources specialist /  
Advanced Individual Training platoon sergeant

**Years in service**  
10 years

**Family**  
Two daughters

**Highest education**  
Some college

**Hobbies**  
Bowling, basketball, enjoying a variety of music

**NCO spotlight**

Sgt. 1st Class Marquise Goodwin is team player. When his unit needed someone to compete in this year’s Platoon Sergeant of the Year competition, he readily stepped up — and won.

Goodwin also saw it as way to hone his skills and ability as an AIT platoon sergeant.

“In my search to become better at the job, I accepted the challenge of this competition,” Goodwin said.

During his 10-year military career, Goodwin has served at Fort Bliss, Texas; Camp Casey, Korea; Fort Drum, N.Y.; and as a recruiter at the Columbus (Ohio) Recruiting Battalion. He also deployed to Kandahar, Afghanistan, from 2003-2004.

Goodwin said his faith, family and military leadership have served as the supports of his military career.

“God and my family have influenced me the most throughout my career. I’ve been blessed to have been mentored by great leadership and surrounded by people who genuinely love being Soldiers,” he said.

“They coached and gave me insight on what it takes to become a good man, father and Soldier.”

He advises junior enlisted Soldiers to stay true to themselves.

“Keep the faith, stay motivated, do your duty to the best of your ability, and always look for ways to improve yourself,” he said.

Goodwin plans to complete his bachelor’s degree and work toward becoming a command sergeant major.

We salute you!

## The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

**LEADER DEADLINES**

The *Leader* welcomes reader submissions. When submitting an article, photo or announcement, please adhere to the following deadlines:

- ❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the July 16 *Leader* must be submitted by today.
- ❑ Announcements are due one week before the scheduled publication. For example, an announcement for the July 16 *Leader* must be submitted by July 9.
- ❑ Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call 751-7045.



# Doubt clouds child ‘newtrition’ choice

Last week marked the end of an era. In the lingo of my mothering chat groups, I “hung up the horns.”

To the rest of us, I officially stopped nursing my son - exactly five months since he was born, and one month shy of my initial goal.

I knew the day would come, and I had planned to “celebrate” with a glass of wine that did not have to be preceded by a lengthy pumping session.

But instead, I celebrated with a hefty helping of guilt, with a side of emptiness.

Mixing up his bottles the night before the “transition” felt like a betrayal. At work the next day, I questioned my motives. Was my decision too selfish? Were my reasons for stopping good enough?

Though I did not make an official announcement around the office, my actions signaled to my co-workers and supervisors that it was now OK to barge into a closed door without fear of interrupting a pumping session.

Gone is the sign I put up as a humorous reminder to knock if the door was closed (my “do not disturb” sign included a picture of a cow).

Gone is the ever-present breast pump — my bright

## CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**

*Fort Jackson Leader*



blue badge of good motherhood — that sat in my office like the elephant in the room, confusing, and ultimately embarrassing, computer technicians and cleaning personnel.

The bottles that were routinely left to dry in the rack next to sink? Gone.

All that is left is the nagging feeling that I have made a mistake — that my impatience will be a detriment to my son; that I gave up too early.

Many mothers say they miss the closeness they feel with their children once the child is weaned from nursing. And although it was a little jarring that first day my son

slept in his crib the entire night, and I missed seeing him sprawled out like a tiny version of my husband in our adult-sized bed, that isn’t the cause of my angst.

What has been tugging at my heart strings, I think, is the feeling that I am a quitter.

And as someone who was raised by parents who expected the best of me and my siblings, quitting is not acceptable.

As I lamented for the umpteenth time to my longsuffering colleague and office mate (who deserves her own badge of honor for dealing with my nursing issues by proxy), she gave me a somewhat confused expression.

It’s not an issue of being selfish, she told me, it’s an issue of quality of life. She seemed surprised that I even thought of myself as having given up or failed.

I saw a woman who tried her hand at nursing and gave up after only five months.

She saw a woman who tried as best she could to provide the best thing for her child, who succeeded in nursing for five whole months.

Although the pit in my stomach is still there, I will do my best to see it the way my colleague does. And eventually, maybe I will see it that way, too.



### Barbecue Scramble

Unscramble the words to complete the sentences.

1. Many people prefer to grill meat **L H R C A A O C**.

2. People often use the word **A I U B Q R B U B** and grill interchangeably.

3. Grilling enables you to entertain in the **R Y D A**.

4. Cook foods to the right **M E P T E T U E R A R**.

*Directions: To find the words, look for the letters in the grid below.*

### Grilling Word Find

Just in time for National Grilling Month, see how many related words you can find and circle in the puzzle.

BACKYARD

BARBECUE

BUNS

CHICKEN

COOKING

FRANKFURTER

GRILL

HAMBURGER

KETCHUP

OUTDOORS

SPATULA

VEGETABLES

S

R

F

K

M

F

H

E

I

F

S

H

R

E

R

V

B

R

U

O

B

C

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FROM WHAT MATERIAL IS CHARCOAL MADE?

©2004 JALDS JEWELRY



# Program puts post birds on the map

By **SUSANNE KAPPLER**  
Fort Jackson Leader

Fort Jackson's 52,000 acres are not only home to countless Soldiers who use the land for training, but also to 91 documented bird species. A new program conducted by the wildlife division of the Directorate of Public Works monitors the post's migratory bird population with the goal of recognizing trends in breeding and survivorship.

The program is part of a nationwide effort by the Institute for Bird Populations, called Monitoring Avian Productivity and Survivorship, or MAPS.

“It's better to get a handle on what's going on now ... instead of just letting things go until it gets to that point where it can restrict training.”

— **Nichole Hawkins**  
*Wildlife biologist*

Nichole Hawkins, wildlife biologist with DPW and MAPS program manager, explained that MAPS is a tool to tackle issues of breeding grounds or survival before they endanger species.

“It's better to get a handle on what's going on now ... and try to be proactive

and keep birds from being listed as endangered or threatened, instead of just letting things go until it gets to that point where it can restrict training,” Hawkins said.

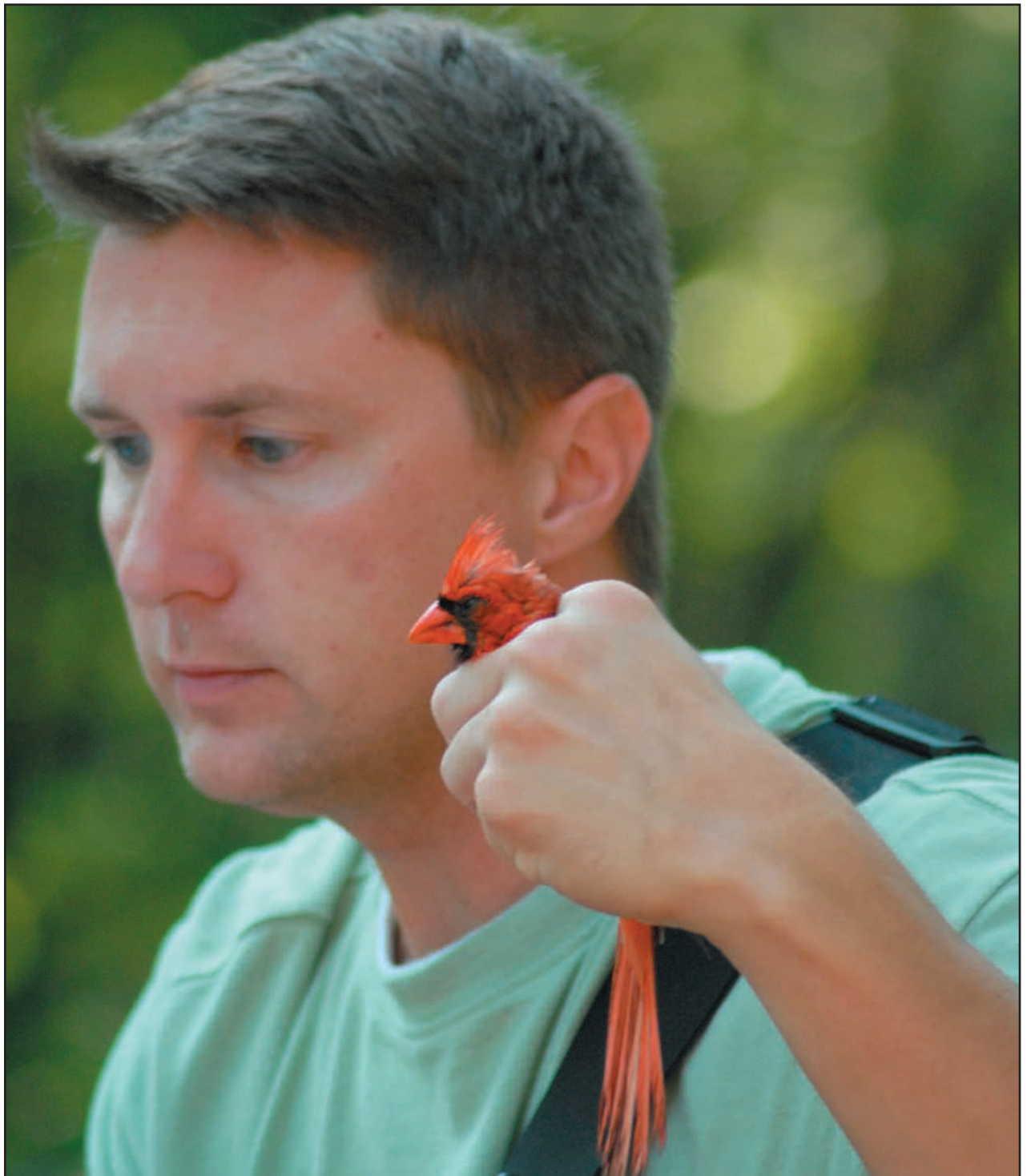
The program focuses specifically on migratory birds that breed on Fort Jackson. To gain data, Hawkins and Josh Arrants, a wildlife technician, set up 10 mist nets to capture birds throughout a day. The captured birds are banded and processed by collecting data, such as species, sex, breeding status, age, wing length, body fat, weight and overall condition. After the birds are processed, they are released.

The monitoring is conducted nine times throughout the breeding period, with the nets set up in the same locations. Arrants explained that if the program is conducted each year, it gives a good indication of the health of the habitat and development of bird population on Fort Jackson.

Hawkins said that the South Carolina Department of Natural Resources has been running a MAPS station in the southeastern part of Fort Jackson for several years. That station is located in an open field and focuses on monitoring different species of birds. The DPW station is in a riparian habitat — a wooded area with a nearby creek. What makes the location of the station special is that it is close to the training area and near a roadway.

“This gives us a really great idea of not only what's here, but what is sustainable with the traffic and heavy training nearby,” Arrants said.

Arrants said he considers Fort Jackson an island of habitat in the Columbia area.



Photos by **SUSANNE KAPPLER**

**Josh Arrants holds a male northern cardinal that was captured during a MAPS monitoring session. Even though cardinals are not migratory birds, monitoring their productivity is still beneficial.**

“A place like Fort Jackson is very, very akin to a national forest or a national park or a national wildlife refuge. There are very, very strict limitations on what can be done for development,” Arrants said. “If you look right outside the gates of Fort Jackson, there's nothing but development in most cases.”

Although the program is still in the early stages, it has already yielded positive results with regard to one species. The Prairie Warbler is regarded as a species of concern in South Carolina, which means its population appears to be declining. Hawkins said the bird appears to be common on Fort Jackson.

“I've run MAPS stations before and never captured one,” she said. “The first session we had out here, we got a number of them.”

Hawkins explained that more than 30 South Carolina bird species are considered species of concern, but added

**Nicole Hawkins processes a female hooded warbler, which was captured during the fifth bird monitoring session June 25.**

that initial data shows that these birds seem to be doing well on post.

“What we found this year — just in baseline documentation — these species of concern to the state, the high priority ones, we have a lot of them here at Fort Jackson,” she said. “(This) indicates to me that Fort Jackson is doing a pretty good job of managing the habitat here.”

*Susanne.Kappler1@us.army.mil*

## CAMPAIGN PLAN FOCUS



Environmental stewardship is recognized in the campaign plan under the major objective “implement a sustainable range program.” (4.1 on the strategy map. This major objective is part of the campaign objective 4.0, training support systems. Training is one of the campaign plan's three lines of operation.



# Library reading program books fun for summer

Thomas Lee Hall Library has created a fun-packed summer for the entire family.

This summer’s theme is “Be Creative/Express Yourself at Your Library.”

The Summer Reading Program is a family literacy program that allows family members of all ages and abilities to participate in a variety of programs. Registration for the reading programs is open throughout the summer.

Readers receive a logbook to record the titles of books read this summer. Readers sign a contract with the librarian to decide how many books each participant plans to read. Everyone who completes the program will be invited to an awards ceremony Aug. 1.

Young adult readers can earn one-hour coupons for Nintendo Wii usage for every book read, up to five books at the appropriate reading level. Participants also receive one entry into the drawing for finale prizes for every book they read. One digital camera and two MP3 players will be awarded. Adults will be entered into the drawing for every five books read at the appropriate reading level.

Young children can earn free ice cream cones, french fries and brownies from area merchants, as well as day passes to Palmetto Falls Water Park, Palmetto Greens Miniature Golf and free bowling at Century Lanes Bowling Center.

Teens can get crafty every Thursday with “Fabulous Frugality” — an opportunity to learn new uses for old stuff. Take things you already have and embellish them to make them new, useful and fun. Fabulous Frugality is scheduled for 5:30-6:30 p.m., weekly.

## Army Family Covenant

**THERESA O’HAGAN**  
*Family and Morale, Welfare and Recreation*

Paper crafts such as origami and stamping, will be taught July 9. Teens can learn to capture their memories and dreams in a “forever box” July 16. The greatest gifts come from the heart — learn to make great gifts July 23. Fabulous Frugality rounds out the summer by getting ready for back to school, July 30. Learn to make book-marks, book covers, folders and more.

More fun for teens includes a “fang fiction” contest and a digital photography contest. Submissions for both contests are due July 24. More information is available at the library.

Family story times are at 11 a.m. today, July 10 and 17, Aug. 7 and 21, Sept. 4 and 18.

Just because summer ends, does not mean the fun has to end at the library. The inaugural Scrabble Tournament is set for Sept. 19.

Every Monday, “Lunch and Learn” about fitness with Pam Greene, Family and Morale, Welfare and Recreation fitness programmer.

Registration for the Summer Reading Program is ongoing. All programs are free.

For more information about any of the programs, call the library at 751-5589 or visit the Web site at [www.fort-jacksonmwr.com/library](http://www.fort-jacksonmwr.com/library).

## FMWR calendar

### TODAY

- ❑ Visit Century Lanes for food, fun and bowling.
- ❑ Magraders Pub and Club is open for lunch.
- ❑ Visit the Officers’ Club 11 a.m. to 1:30 p.m. for specials or the buffet.

### TOMORROW

- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ❑ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Fish fry at the Officers’ Club, 11 a.m. to 1:30 p.m.
- ❑ Family Golf Night, 5-7 p.m., Fort Jackson Golf Club.
- ❑ First Friday Tournament, 1 p.m., Fort Jackson Golf Club.

### SATURDAY

- ❑ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.

### SUNDAY

- ❑ Family day at the Youth Services Center, 2-6 p.m.
- ❑ Traditional brunch, 11 a.m. to 2 p.m, Officers’ Club.

### MONDAY

- ❑ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.
- ❑ Junior Golf Week 2 begins, 8 a.m. to 12:15 p.m., Fort Jackson Golf Club.

### TUESDAY

- ❑ Get golf ready, Lesson 5, 5:60-7 p.m., Fort Jackson Golf Club range. Sign up for free lesson, 5-7 p.m.

### WEDNESDAY

- ❑ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Guest day at the Fort Jackson Golf Club.

### ANNOUNCEMENTS

- ❑ Perez Gym will be undergoing painting through July 13. During this time, patrons can expect some disruptions in use of the indoor track, select weight equipment and cardio machines. The entire free weight area will be closed Friday-Monday. For information, call 751-6258.

### ONGOING OFFERS

- ❑ The Officers’ Club is ready to host your next special event. The club’s professional staff will ensure every detail is addressed so your event will be to your specifications.
- ❑ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.





# Issues sought for Community FIRST process

The fourth quarter of the 2009 fiscal year is under way, and issues that impact members of the Fort Jackson community should be submitted to Customer Management Services this month. It is important for CMS to have a cross-section of submissions from Soldiers, family members, civilian employees, retirees and veterans to ensure that each constituency voice is heard.

Issue submission month is part of the Community FIRST quarterly process — one of three programs for which CMS has oversight (the other two being Interactive Customer Evaluation and annual Customer Service Assessments).


Community FIRST is designed to identify and resolve problems that cannot be resolved by ICE. Feedback designed to improve the services provided across the installation or suggestions for new services are ideal issues to submit.

The Community FIRST process works as follows: During the first month of the quarter, issues will be requested and collected. The second month, issues will be validated and distributed to the directorates or organizations responsible for resolution. The third month, the Installation Action Council will convene and examine each active issue and then vote whether to forward the issue for higher resolution.

This course of action will be repeated each quarter throughout the fiscal year. All community members are encouraged to actively participate in this process in order to improve customer service on Fort Jackson.

There are several methods for community members to

**CUSTOMER SERVICE CORNER**  
By **VERONICA PATRICK**  
*Community FIRST Coordinator*



retrieve an issue form. Hard copies can be found in the Strom Thurmond Building and the CMS office, located at 4356 Hardee St. Civilian employees may request a form from their respective directorate.

Other requests for issue forms may be made to the Community FIRST Coordinator at 751-3425. One of the most convenient ways is to fill out an electronic form online on the CMS Web site, which can be accessed by clicking “Customer Management Services” on the Fort Jackson homepage or by the link specified below.

Ninety-five Community FIRST issues have been collected so far this fiscal year. Since the start of the program in 2004, more than 750 issues have been submitted. This averages to 10 times the amount of issues that were previously raised during Fort Jackson’s annual process.

Resolving issues each quarter, rather than once a year, helps community leaders address a larger amount of issues on a continual basis and allows for installation-level issues

to be resolved locally. Issues requiring higher level resolution may be forwarded to Army Family Action Plan in preparation for the TRADOC and HQDA conferences.

Two issues — sick leave under the Federal Employees Retirement System and dental coverage for major procedures — were raised at Fort Jackson and forwarded by TRADOC to the HQDA AFAP Conference.

Both issues were voted unattainable at HQDA. However, community members may resubmit them in the future. Questions regarding the status of other Community FIRST/AFAP issues may be directed to 751-3425 or 751-4926.

“Let your voice be heard!”







**ICE APPRECIATION**

The garrison congratulates DENTAC, specifically Hospital Dental Clinic and Hagen Dental Clinic. They earned a 4.91 and a 4.89 percent rating, respectively, out of a possible 5.0 in employee/staff attitude over a 12-week period. This is an outstanding performance in customer service.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on “Submit an Issue or Recommendation” or on the Community FIRST/AFAP Logo.

# Saluting this cycle’s Basic Combat Training honorees

DRILL SERGEANTS OF THE CYCLE

 <p><b>Staff Sgt.</b> <b>Jason Neumann</b> Company A 2nd Battalion, 60th Infantry Regiment</p> <p><b>SOLDIER LEADER OF THE CYCLE</b> Pvt. Thomas Stout</p> <p><b>SOLDIER OF THE CYCLE</b> Pvt. James Porter</p> <p><b>HIGH BRM</b> Pfc. Dustin Stewart</p> <p><b>HIGH APFT SCORE</b> Pfc. Kimberly Guy</p>	 <p><b>Staff Sgt.</b> <b>Wardah Brown</b> Company B 2nd Battalion, 60th Infantry Regiment</p> <p><b>SOLDIER LEADER OF THE CYCLE</b> Spc. Angelina Phelps</p> <p><b>SOLDIER OF THE CYCLE</b> Pvt. Raleigh Gilkinson II</p> <p><b>HIGH BRM</b> Pvt. Talialetatalo Seloti</p> <p><b>HIGH APFT SCORE</b> Pvt. Michael Davies</p>	 <p><b>Staff Sgt.</b> <b>Michael Eilers</b> Company C 2nd Battalion, 60th Infantry Regiment</p> <p><b>SOLDIER LEADER OF THE CYCLE</b> Spc. Jason Down</p> <p><b>SOLDIER OF THE CYCLE</b> Pfc. Blair Jones</p> <p><b>HIGH BRM</b> Pvt. Kenneth Spires</p> <p><b>HIGH APFT SCORE</b> Pfc. James Sims</p>	 <p><b>Staff Sgt.</b> <b>Jimmy Sam</b> Company D 2nd Battalion, 60th Infantry Regiment</p> <p><b>SOLDIER LEADER OF THE CYCLE</b> Pvt. Dannie Prater</p> <p><b>SOLDIER OF THE CYCLE</b> Pfc. Nathan Johnson</p> <p><b>HIGH BRM</b> Pvt. Jeremia Jackson</p> <p><b>HIGH APFT SCORE</b> Pvt. Robert Villegas</p>	 <p><b>Staff Sgt.</b> <b>Christopher Ansley</b> Company E 2nd Battalion, 60th Infantry Regiment</p> <p><b>SOLDIER LEADER OF THE CYCLE</b> Pfc. Richard Riddle</p> <p><b>SOLDIER OF THE CYCLE</b> Pfc. Anthony Licwinko</p> <p><b>HIGH BRM</b> Pvt. Korye Belangia</p> <p><b>HIGH APFT SCORE</b> Pvt. Martin Gomez</p>	 <p><b>Staff Sgt.</b> <b>Tracey Stepherson</b> Company F 2nd Battalion, 60th Infantry Regiment</p> <p><b>SOLDIER LEADER OF THE CYCLE</b> Spc. Jeb Myers</p> <p><b>SOLDIER OF THE CYCLE</b> Pfc. Rebekah Hamlin</p> <p><b>HIGH BRM</b> Pvt. Sara Hartsoe</p> <p><b>HIGH APFT SCORE</b> Pvt. Desiray Moses</p>
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<b>CADRE OF THE CYCLE</b> Cpl. Marcus Barron	<b>CADRE OF THE CYCLE</b> Sgt. Arthur Ross	<b>CADRE OF THE CYCLE</b> Pvt. Angela Crippen
<b>SERVICE SUPPORT AWARD</b> Frank McKoy	<b>SERVICE SUPPORT AWARD</b> Larry Keys	<b>DFAC AWARD</b> Nathan Williams Jr.



Retiring from service



Photo by CRYSTAL LEWIS BROWN

From left, Sgt. 1st Class Davey Hall II, 187th Ordnance Battalion; Master Sgt. Charlie Wooden Jr., 187th Ord. Bn.; Staff Sgt. Pamela McGill, Fort Eustis, Va.; Sgt. 1st Class Sallie Hall, Fort Sam Houston, Texas; and Sgt. Maj. Gary Hellums, Recruiting and Retention School, are honored in last week's Retirement Review in front of Post Headquarters.

July Promotions

<u>Name</u>	<u>Rank</u>	<u>Unit</u>
ADAMS, Lamar D.	LTC	Student Detachment
CZAJKOWSKI Jr., William P.	LTC	Student Detachment
DAVIDSON, Michael L.	LTC	Student Detachment
GRAHAM, Marko K.	LTC	Student Detachment
WAMBEKE, Brad W.	LTC	Student Detachment
ELLIS-RAMSEY, Lashanda	MAJ	USA Trial Defense SE
SIMMONS, Wylie K.	MAJ	MEDDAC
CASAMATTA, Joseph	CPT	Student Detachment
DAVIS, Christopher M.	CPT	Student Detachment
HELPER, Justin D.	CPT	MEDDAC
JACOBS, Lesley M.	CPT	MEDDAC
JONES, Darrell C.	CPT	Student Detachment
SOTOMAISET, Angel	CPT	DENTAC
DAFOE, Kate V.	CPT	Student Detachment
ALLEN, David E.	1LT	Student Detachment
ANDERSON, Duane M.	1LT	Student Detachment
OLIVAREZ, Feliz R.	1LT	Student Detachment
STAGG, Kathea A.	1LT	Co. A, TSF
SALLY Jr., John W.	CW4	Student Detachment
MEIER, Trevor G.	CW3	Student Detachment
ARTERSON IV, Johnny	SFC	Student Detachment
BARNUM, Mark A.	SSG	Co. A, 2nd Bn., 39th Inf. Reg.
HERRING, Matthew J.	SSG	Co. E, 3rd Bn., 13th Inf. Reg.

# No One Looks Cool Alone

Protection from the sun:

- Cover up, use an umbrella.
- Apply sunscreen to all uncovered skin.
- Wear hats and sunglasses to shield your eyes.

Have fun and look out for each other this summer. Do your part to protect our Band of Brothers and Sisters.

U.S. ARMY  
ARMY STRONG

U.S. ARMY COMBAT READINESS/SAFETY CENTER  
<https://safety.army.mil>

ARMY SAFE IS ARMY STRONG

A BAND OF BROTHERS & SISTERS

## SAFE SUMMER



Calendar

*Sunday, July 12*  
**Sunday Worship Concert series**  
9:30-11 a.m., Solomon Center  
Philip Bardowell performing.

*Wednesday, July 15*  
**Violence in the Workplace training**  
9-10 a.m. or 1-2 p.m.  
ASAP classroom, 3250 Sumter Ave.  
Call 751-5007 for information or to RSVP.

*Friday, July 17*  
**Chaplain Corps Regimental Ball**  
5:30 p.m., NCO Club  
Sgt. Maj. Tommy Marrero, chief of chaplains and regimental sergeant major, is guest speaker. Tickets are \$25.  
For more information, or to RSVP, call 751-8871.

*Wednesday, July 22*  
**Red Cross Bloodmobile blood drive**  
9 a.m. to 2 p.m.  
MACH main entrance parking lot  
All donors will be entered into a drawing for a \$1,000 gas card.

Announcements

**COME SEE YOUR ARMY TOUR**  
“Come see your Army” tours are conducted monthly. The tours provide the community with an opportunity to attend a Basic Combat Training graduation; observe Soldiers in training; get hands-on experience with a state-of-the-art weapons simulator system; eat lunch a military dining facility; and shop for souvenirs. To participate call Fort Jackson Community Relations at 751-1474/5327.

**BEEF RECALL**  
JBS Swift Beef Co. is recalling approximately 41,000 pounds of beef products that may be contaminated with E. coli. Specific information about the affected products can be found at: [www.fsis.usda.gov/News\\_&\\_Events/Recall\\_034\\_2009\\_Release/index.asp](http://www.fsis.usda.gov/News_&_Events/Recall_034_2009_Release/index.asp).

**HERITAGE AWARD**  
Nominations for the 2009 Diversity Military World Heritage Award are being accepted until July 15. The award is open to active-duty Soldiers and National Guard service members. For more information call 751-2990 or e-mail [Janean.Simmons@conus.army.mil](mailto:Janean.Simmons@conus.army.mil).

**T-SHIRT DESIGN CONTEST**  
The Family Advocacy Program is conducting a T-shirt design contest for Soldiers. The design should focus on the theme: “Let’s talk about it, not fight about it.” The winner will have his or her entry made into a shirt, and receive an iPod

Touch. The shirts will be distributed during October, which is Domestic Violence Awareness Month. Contest entries can be submitted until Aug. 31 at the FAP office in Room 218 of the Strom Thurmond Building.

**CIB MEETING**  
The Combat Infantryman Badge Association will meet 7 p.m., Tuesday, July 14, at the American Legion Post 6, 200 Pickens St. Active-duty CIB recipients are invited to attend. Call 351-2333 for information.

**THRIFT SHOP UPDATE**  
The Thrift Shop will be closed in July. Starting Aug.1, the shop will be open Tuesday, Wednesday and Thursday, 9 a.m.-3 p.m. It will no longer be open Saturdays. The Thrift Shop is also hiring a consignment clerk. Call 787-2153 Tuesdays or Thursdays for information.

**JULY 4 COMMISSARY HOURS**  
The commissary will be open Saturday, 7:30 a.m. to 4 p.m.

**COMBAT VETERANS STUDY**  
Dorn VA researchers are conducting a study of new treatments for OIF/OEF veterans who have problems with stress, anxiety, disturbed sleep, nightmares, etc. The five-week study involves no drugs, and eligible participants will receive \$600 for completing the study. For more information, call 777-7296/9929 or e-mail [Stanistr@mailbox.sc.edu](mailto:Stanistr@mailbox.sc.edu).

**SALEM ROAD CLOSURE**  
Salem Road is closed to automobile and pedestrian traffic from Winston Road to Cobb’s Pond Road until Aug. 16 while the bridge is being replaced.

**SPEAK OUT FOR MILITARY KIDS**  
The South Carolina Operation Military Kids will be conducting four one-day events. Select participants from those events will also be invited to participate in a three-day event for additional training. The four event locations are:  
July 15 — Fort Jackson  
July 24 — Beaufort Marine Corps Air Station  
July 30 — Charleston Air Force Base  
All workshops are 9 a.m. to 4:30 p.m. Teenagers, 13-18, are invited to participate. For information call 773-5561 or e-mail [Woodrow@clemson.edu](mailto:Woodrow@clemson.edu).

**MP WARFIGHTER COMPETITION**  
Registration is now open for the 13th annual Military Police Warfighter Challenge. The Warfighter Challenge is slated for Sept. 15-19 at Fort Leonard Wood, Mo. Battalions or separate companies may send one team, which must consist of a staff sergeant, sergeant or corporal team leader and two specialists or below. Registration forms can be downloaded

from AKO and should be e-mailed to [leon.warfighter@conus.army.mil](mailto:leon.warfighter@conus.army.mil).

CoC/CoR ceremonies

*Wednesday*  
**Change of Command**  
**3rd Battalion, 34th Infantry Regiment**  
9 a.m., Officers’ Club  
Lt. Col. Reginald Cotton will relinquish command to Lt. Col. Bryan Hernandez.

*Friday, July 10*  
**Change of Command**  
**187th Ordnance Battalion**  
8 a.m., Darby Field  
Lt. Col. Christopher Richardson will relinquish command to Lt. Col. Darrell Aubrey.

*Wednesday, July 15*  
**Change of Command**  
**2nd Battalion, 13th Infantry Division**  
8 a.m., Darby Field  
Lt. Col. Michael Davey will relinquish command to Lt. Col. Michael Peters.

Sports shorts

**COACHES NEEDED**  
Volunteer coaches are needed for Youth Sports summer basketball teams. The season runs through July 31. Coaches must be certified by the National Alliance of Youth Sports Coaches Association. Certification training is provided free. For more information, call 751-5040.

**SOFTBALL UPDATE**  
No softball games will be played this week. Play will resume July 8.

**GOLF LETTERS DUE**  
Letters of intent for intramural and recreational golf are due Tuesday. Each team must consist of eight players. For more information, call 751-3096.

**ARMY 10-MILER**  
The Army 10-miler qualifier is scheduled July 18 at 5:30 a.m. The runners will begin at Patton Stadium Gate on Kershaw and will turn right onto Dixie Drive, go out 5 miles and come back. Call 751-3096 for information.

**SMALL GAMES TOURNAMENT**  
Small Games, July 23, Magruder’s Pub. The tournament is for active-duty service members only. Register by 3 p.m., July 16. Games include 8-ball, table tennis, arm wrestling, darts and hot shot basketball. Soldiers can participate in one event only. For more information, call 751-3096.

**CONTACTING THE LEADER**  
E-mail announcements to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

Pets of the Week



Photos by OITHIP PICKERT

**A 1-year-old mixed breed male dog and a 3-month-old male kitten are looking for homes. For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.**

Off-post events

**SUMMER FAMILY FUN ZONE**  
The Columbia Aglow Community Lighthouse Summer Family Fun Zone is scheduled for 10 a.m. to 1 p.m., July 11, at the Pacific Park Community Center, 200 Wayne St. Call 781-6101 for information.

**PALMETTO PAINTERS MEETING**  
Palmetto Painters will meet 10 a.m., July 11, at the Lexington County Library, 5440 August Road. The program will be a seashell ornament painted in acrylics. Call 781-2340 or visit [www.palmettopainters.com](http://www.palmettopainters.com).

**VACATION BIBLE SCHOOL**  
Saint David’s Episcopal Church is hosting “Crocodile Dock, spreading God’s Light in the World” Vacation Bible School July 13-17, 9 a.m.-noon. Children through fifth grade can attend. The minimum age is three. To sign up, call 736-0866 or visit [www.StDavidsColumbia.org](http://www.StDavidsColumbia.org).

**LET’S SPEAK ENGLISH**  
The Richland County Public Library is hosting a “Let’s speak English,” 10-11 a.m., Wednesdays, July 8-29, in the Main Library’s Bank of America Conference Room. Call 929-3457 to register for the free program.



# Fort Jackson 2009 Water Quality Report

*From Palmetto State Utilities Services, Inc.*

Fort Jackson purchases its drinking water from the City of Columbia. The city treats surface water from the Broad River and provides this water to Fort Jackson through their distribution system.

The whole installation of Fort Jackson is divided into two separate areas, the Cantonment Area and the training areas.

The Cantonment Area receives its water from the City of Columbia, particularly from the Broad River. It comes on post already treated, so Fort Jackson does its part to maintain that level of treatment.

The training areas are served by nine different wells. The water is hauled via water trucks marked potable water and transferred into the black containers at the various training areas.

All drinking water may contain contaminants. When drinking water meets federal standards, there may not be any health based benefits to purchasing bottled water or point of use devices.

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily mean water may be a health risk.

More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline (1-800-426-4791).

Fort Jackson and the South Carolina Department of Health and Environmental Control routinely monitor drinking water for contaminants according to federal and state requirements.

EPA and DHEC administer and enforce the rules and regulations pertaining to drinking water quality.

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells.

As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animal or human activity.

## CONTAMINANTS IN DRINKING WATER SOURCES MAY INCLUDE:

— Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations and wildlife.

— Inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining and farming.

— Pesticides and herbicides, which may come from a variety of sources such as agri-

culture, urban storm water runoff and residential uses.

— Organic chemical contaminants, including synthetic and volatile organic chemicals, which are byproducts of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.

— Radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities.

## FOR PEOPLE WITH SENSITIVE IMMUNE SYSTEMS:

EPA and DHEC have determined that Fort Jackson's drinking water is safe for consumption. Some people may be more

vulnerable to constituents in the water than the general population.

Immuno-compromised people, such as those with cancer undergoing chemotherapy, people who have had organ transplants, people with HIV/AIDS or other immune system disorders, some elderly people and infants can be particularly at risk of infections. These people should seek advice about drinking water from their healthcare providers.

The EPA and the Centers for Disease Control guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the EPA's safe drinking water hotline at 1-800-426-4791.

Testing has revealed no signs of Cryptosporidium in either Fort Jackson's or the City of Columbia's drinking water.

## SAMPLING RESULTS

Our drinking water meets or exceeds all EPA drinking water requirements. This report is a summary of the quality of the water we provide our customers. The analysis was made using data from the most recent EPA required tests and is presented in the included pages. We hope this information helps you become more knowledgeable about what's in your drinking water.

Although all the substances listed here are under the Maximum Contaminant Level, we feel it is important that you know

Primary Standards - Health Based (units)	PRIMARY MCL	(MCLG)	Range of Detection	Average Level	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Turbidity - Lake Plant							
Highest single measurement of the Treated Surface Water (NTU)	TT = 1.0		n/a	0.08	No	2008	Soil runoff; naturally occurring in the environment
Lowest Percent of all Monthly Readings less than 0.3 NTU (%)	TT = 95		n/a	100%	No	2008	Soil runoff; naturally occurring in the environment
Turbidity - Canal Plant							
Highest single measurement of the Treated Surface Water (NTU)	TT = 1.0		n/a	0.73	No	2008	Soil runoff; naturally occurring in the environment
Lowest Percent of all Monthly Readings less than 0.3 NTU (%)	TT = 95		n/a	98.11%	No	2008	Soil runoff; naturally occurring in the environment
Inorganic Constituents							
Chlorite (Lake Plant) (mg/L)	1	0.8	0.220 - 0.497	0.497	No	2008	Byproduct of drinking water chlorination
Chlorite (Lake Plant) (mg/L)	1	0.8	0.340 - 0.567	0.567	No	2008	Byproduct of drinking water chlorination
Fluoride (mg/L)	4.0	4	0.76 - 0.92	0.815	No	2008	Naturally occurring in the environment by erosion of natural deposits and added at the treatment plant as an aid in preventing tooth decay.
Nitrate/Nitrate (as Nitrogen) (mg/L)	10	10	0.082 - 0.49	0.26	No	2008	Runoff from fertilizer use, leaching from septic tanks, sewage, erosion of natural deposits.

Microbiological Constituents (units)	PRIMARY MCL	MCLG	Level Found	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Total Coliforms (% positive per month)	More than 5% of monthly samples are positive	(0)	1.04% (Highest Monthly Percentage Positive)	No	2008	Naturally present in environment

exactly what was detected and how much of the substance is present in the water. Compliance (unless otherwise noted) is based on the average level of concentration being below the MCL.

The state allows us to monitor for some contaminants less than once per year because the concentrations do not change frequently. Some of our data, though representative, are more than a year old.

## LEAD

In accordance with DHEC regulation R.61.58.11 (H), lead and copper samples are taken every three years. During the calendar year, two sample locations out of 50 exceeded the action level for lead.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service line and home plumbing.

The City of Columbia is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components.

When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking.

If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water hotline or at <http://www.epa.gov/safewater/lead>.

*Editor's note: Palmetto State Utility Services Inc. provides water service for Fort Jackson. For information about water quality or to find out about upcoming opportunities to participate in public meetings, please contact David Wiman, utility manager, at (803) 790-7288.*

Disinfection Byproducts Precursors (units)	PRIMARY MCL (MRDL)	MCLG (MRDLG)	Range of Detection	Highest 4-Quarterly Average	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Residual Chlorine [as Cl2] (mg/L)	(4)	(4)	0.1 - 4.5	1.2 (highest quarterly average)	No	2008	Water additive used to control microbes
Chlorine dioxide (Lake Plant) (ug/L)	(800)	(800)	0 - 151	151	No	2008	Water additive used to control microbes
Chlorine dioxide (Canal Plant) (ug/L)	(800)	(800)	0 - 199	199	No	2008	Water additive used to control microbes
HAA5 [Total of Five Haloacetic Acids] (ug/L)	60	0	12.01 - 43.85	35	No	2008	Byproduct of drinking water chlorination formed when chlorine reacts with organic matter
TTHMs [Total of Four Trihalomethanes] (ug/L)	80	0	14.43 - 55.4	30	No	2008	Byproduct of drinking water chlorination formed when chlorine reacts with organic matter

Disinfection Byproducts and Disinfectant Residuals (units)	PRIMARY MCL (MRDL)	MCLG (MRDLG)	Range	Level Found	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Total Organic Carbon [TOC] - Lake Plant	TT	n/a	37.70% - 40.90% Removal	39.41% Removal (39% Removal Required)	No	2008	Various natural and man-made sources
Total Organic Carbon [TOC] - Canal Plant	TT	n/a	38.30% - 57.30% Removal	45.59% Removal (37% Removal Required)	No	2008	Various natural and man-made sources
Inorganic Constituents (units)	Action Level	(MCLG)	Sample Data	90th % Level	MCL Violation?	Most Recent Sampling Date	Typical Source of Constituent
Copper (mg/L)	1.3	0	None of the 49 site samples exceeded the action level	0.1	No	2008	Corrosion of household plumbing systems and naturally occurring in the environment.
Lead (ug/L)	15	0	One of the 49 site samples exceeded the action level	0	No	2008	Corrosion of household plumbing systems and naturally occurring in the environment.

## Definition of terms

### MAXIMUM CONTAMINANT LEVEL (MCL)

The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the maximum contaminant level goals as economically and technologically feasible.

Secondary MCLs are set to protect the odor, taste and appearance of drinking water.

### MAXIMUM CONTAMINANT LEVEL GOAL (MCLG)

The level of contaminant in drinking water below which there is no known or expected risk to health. Maximum contaminant level goals are set by EPA. MCLGs allow for a margin of safety.

### MAXIMUM RESIDUAL DISINFECTANT LEVEL (MRDL)

The level of a disinfectant added for water treatment that may not be exceeded at the consumer's tap. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

### MAXIMUM RESIDUAL DISINFECTANT LEVEL GOAL (MRDLG)

The level of a disinfectant added for water treatment below which there is no known or expected health risk. MRDLGs are set by EPA. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contamination.

### PRIMARY DRINKING WATER STANDARD (PDWS)

MCLs for contaminants that affect health, along with their monitoring and reporting requirements, and water treatment requirements.

### ACTION LEVEL (AL)

The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

### TREATMENT TECHNIQUE (TT)

A required process intended to reduce the level of a contaminant in drinking water.



# Proper hydration aids performance

**By CAPT. BETHANY DESCHAMPS**  
*Moncrief Army Community Hospital*

Summer is here, and that means hot temperatures and high humidity in South Carolina. Whether you are a recreational exerciser, a serious athlete or a Soldier in training, your risk for dehydration is higher than that of a sedentary person. The risk is also much higher when training and performing in hot weather.

Hydration status is a key element for physical performance. A 1 to 2 percent dehydration level in the body hurt a person’s ability to train. Dehydration is also the beginning of many heat-related injuries, such as heat cramps, heat exhaustion and heat stroke.

To continue to perform and train at optimal levels in hot weather, and to prevent heat injuries, your primary goal should be to stay hydrated. Here are a few tips to help you stay hydrated and perform at your best:

## DRINK ENOUGH FLUID

The 2004 Dietary Reference Intakes identify the adequate intake for water to be 3.7 liters (equivalent to 16 cups) per day for men and 2.7 liters (equivalent to 12 cups) per day for women.

Fluid should be consumed throughout the day and especially before, during and after exercise.

A good fluid intake prior to exercising would be one ounce per 10 pounds of body weight two hours prior to training. If you are going to be training in hot environments and expect to sweat profusely, drink an additional .6 ounce per 10 pounds of body weight 20 minutes prior to training. On average, that is about 16 ounces of fluid two hours prior to training, and another 8 ounces 20 minutes before training.

Fluid intake during exercise will vary depending on how

much body weight is being lost through sweat. High intensity exercise, hot temperatures and high humidity will increase sweat rate. Drink 4 to 16 ounces of fluid every 15 minutes of exercise. The goal is to replenish fluids as they are lost, and to minimize loss of body weight during activity.

## DRINK THE RIGHT TYPE OF FLUID

Water is by far the best fluid to drink throughout the day to remain hydrated. A majority of fluid intake should be water. Abstain from alcohol at least 24-48 hours prior to training and immediately following training. Caffeine is a mild diuretic and also contributes to fluid loss to a certain degree.

Only about two-thirds of a cup of a caffeinated beverage, like coffee, contribute to hydration. The rest of the fluid is lost due to its diuretic properties. Choose electrolyte drinks containing moderate to low amounts of carbohydrate during prolonged training and for post-training rehydration.

## MAINTAIN SALT INTAKE

Ample salt in the diet is essential to replace the salt lost in sweat. Heat, high intensity training, and prolonged training contribute to higher sweat rates and increased sodium loss.

The recommended daily allowances for salt is 3,000 milligrams for active people. Additional sodium intake above 3,000 milligrams is required when excessive sweating occurs during training. The best time to begin replacing the sodium lost in sweat is during training. Sodium intake of 1 gram per hour of training is recommended during prolonged training where heavy sweat loss is expected.

Sport drinks can aid with sodium replenishment during and immediately following training. Another good way to replenish sodium is to consume high sodium snacks with

water during or immediately following a training session. Baked potato chips, pretzels, pickles and crackers are quick and convenient high sodium snacks that can help with sodium replenishment.

## MONITOR HYDRATION

Thirst is a very poor indicator of hydration status. Usually when a person senses thirst and needs fluids, he or she is already dehydrated.

It is important to have a fluid intake schedule before, during and after exercise and also to drink throughout the day. Keep water handy wherever you go.

Monitoring urine color is a very practical and fairly accurate way to determine hydration status. Moderate to very dark yellow colored urine indicates dehydration and clear to light yellow colored urine indicates adequate hydration.

Monitoring weight status, especially before and after exercise, is also helpful in determining hydration status. Any weight lost during training should be regained through adequate fluid replenishment. Intentional weight loss through sweating is highly discouraged because it greatly increases fatigue and can make an individual very susceptible to heat-related injuries.

Take time to acclimatize to heat. Gradually introduce your body to training outdoors in a hot and humid climate. Monitor your body’s reaction to heat and humidity closely and respond accordingly through fluid and sodium replenishment. When you know you will be training in a hot environment, drink plenty of fluid, eat a well-balanced meal with adequate amounts of sodium and avoid alcoholic and caffeinated beverages.

*Editor’s note: Capt. Bethany Deschamps is chief of the Moncrief Army Community Hospital Nutrition Care Division. She is a registered and licensed dietician, and is also a certified health/fitness specialist.*

# MHS, AHLTA implement electronic record system

*From TRICARE Management Activity*

The Military Health System is leading the charge with the groundbreaking implementation of a dental component to AHLTA, the military’s electronic health record, and service members are reaping the benefits.

For the first time in the history of the MHS, AHLTA-Dental consolidates the uniformed services’ dental records into a single, secure electronic resource, creating worldwide access to a service member’s integrated medical and dental record.

“AHLTA-Dental ushers in a new era for medical readiness,” said Charles Campbell, MHS chief information officer. “With such extensive capabilities, AHLTA-Dental improves the sharing of patient information, allowing clinicians’ easy access to patient information anytime. It creates opportunities to reinforce health promotion and disease prevention activities.”

Starting in the mid-Atlantic region, staff members at 377 dental clinics will

train on and implement AHLTA-Dental by the end of 2010. The Defense Health Information Management System’s Deployment Operations team is working closely with service representatives to ensure all military treatment facilities are ready and prepared for a successful launch at each site.

About 11,500 personnel are slated to complete two interactive Web-based lessons to prepare for on-site training. The on-site training includes eight hours in the classroom, followed by up to six hours of on-the-job training.

The MHS is a partnership of medical educators, medical researchers, health care providers and all support personnel worldwide.

This DoD-enterprise consists of the Office of the Assistant Secretary of Defense for Health Affairs; the medical departments of the Army, Navy, Marine Corps, Air Force, Coast Guard, and joint chiefs of staff; Combatant Command surgeons; and TRICARE providers including private healthcare providers, hospitals and phar-

## MACH updates

### CATARACT SCREENING

The Moncrief Army Community Hospital Ophtalmology Clinic will conduct quick cataract evaluations tomorrow and July 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members. To schedule an appointment, call 751-5406. Patients do not need a referral for an appointment.

### ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently seeing only active-duty Soldiers and certain other patients for follow-up appointments. If you need assistance obtaining orthopedic care, call the Referral Center at 751-2363

### APPOINTMENT CANCELLATION

A phone number has been established for patients wishing to cancel appointments after duty hours. To cancel an appointment after duty hours, call 751-2904. During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

### NUTRITION CLINIC

Patients who would like to see a dietitian

for basic nutrition information, weight loss, or sports nutrition do not need a referral. Call the Nutrition Clinic at 751-2115 or the 751-CARE patient appointment line to book an appointment.

For all other nutrition issues, patients will need a referral from their physician. All patients will report to the Nutrition Clinic in Room 4-14 to check in.

### DFAC CLOSURE

The Moncrief Army Community Hospital dining facility is closed for renovations. Hospital staff and visitors will be able to access the mobile-kitchen that will be located outside the third floor entrance of the hospital.

Starting Tuesday, the seating area of the dining facility will be open 6 a.m. to 6 p.m. Monday-Friday and 8 a.m. to 5:30 p.m. Saturday-Sunday. For more information, call 751-0208/2115.

Hours are Monday-Friday: 7-9 a.m. breakfast grab-n-go; 11:30 a.m. to 2p.m., lunch grab-n-go; 5-6 p.m, dinner. Saturday, Sunday and holidays: breakfast 8-11:15 a.m.; lunch, noon to 4:15 p.m.; dinner, 5-5:30 p.m.



# ‘Buzzed’ driving still against the law

By **SANDRA BARNES**

*Army Substance Abuse Program*

Each year on the Fourth of July, America celebrates its diversity, freedom and independence with cookouts, picnics and fireworks.

It is a time to relive the past and give hope for the future. It is also a time during which many people get on the highways to attend yearly reunions and family gathering.

Sadly, it is also a time when those who fail to yield to common sense after they have been drinking alcohol will travel our nation’s highways, putting dozens of lives in harm’s way.

The Fourth of July is the second most deadly holiday period of the year. During that holiday period in 2007, there were a total of 200 traffic-related fatalities. Of those, 44 percent involved a driver or motorcycle rider with a blood alcohol concentration, or BAC, of .08 percent or higher.

In that entire year, 41,059 people were killed in motor vehicle crashes. Of that number, 12,998 were killed in traffic crashes that involved at least one driver or motorcycle rider with a BAC of .08 percent or higher.

That is why the Army Substance Abuse Program joins other national, state and local law enforcement and highway safety



officials in reminding those who plan to use alcohol while celebrating Independence Day that “Buzzed Driving is Drunk Driving.” Those who plan to drink should designate a sober driver before drinking begins.

With nearly half of all traffic fatalities over the holiday weekend being alcohol-related, it is important to remember that buzzed driving is indeed drunken driving and that the “just one more for the road” attitude too often turns into a disaster.

Too many people still fail to understand that alcohol or drugs and driving do not mix. Impaired driving is not an accident or a victimless crime. Too many lives have been lost.

Much of the tragedy from drunken driving can be prevented with a few simple precautions before going out to celebrate:

— If you plan to use alcohol, designate a sober driver before going out, and give that person your keys.

— If you are impaired, call a taxi, or call a sober friend or family member to get you home safely.

— Promptly report to law enforcement drunken drivers you see on the roadways.

— Always wear your safety belt or use protective gear on your motorcycle as the best defense against an impaired driver.

— Remember, friends don’t let friends drive drunk. If you know someone who is about to drive or ride while impaired, take the keys and help them make other arrangements to get to where they are going safely.

— If you choose to make drinking a part of your July Fourth holiday, leave the driving of a vehicle or the operation of any watercraft to someone who has agreed not to indulge.

Don’t let this Fourth of July blow up in your face. This is supposed to be the day you celebrate freedom — not lose it.

**Editor’s note:** *The source for this article was the National Highway Traffic Safety Administration. For more information on the NHTSA, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov). If you have questions about substance abuse, call 751-5007.*

## ASAP calendar

□ The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. The Army Substance Abuse Program maintains a wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use. The staff of the ASAP is available to give presentations on alcohol and drug abuse upon request.

□ Violence in workplace training, July 15, 9-10 a.m. and 1-2 p.m. The training will cover tips for employees, managers and supervisors on reducing the risk of violence in the workplace. Class size is limited to 28 people. To reserve a seat, or for more information, call 751-5007.

□ Alcohol and Drug Abuse Prevention and Training Program, July 20-21, 7:30 a.m. to 4:30 p.m.

A two-day class for anyone interested in learning more about alcohol and drug abuse. It is also for those who have had an alcohol or drug related incident who the commander feels could benefit from re-education.

□ Unit Prevention Leader training, July 22-24, 7:30 a.m. to 4:30 p.m.

Required training for newly assigned unit prevention leader. Includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited so get the request forms in early.

□ All classes take place in the ASAP classroom, 3250 Sumter Ave. For more information, call 751-5007.



# Character is what counts in sports, life

By **CHAPLAIN (CAPT.) JERRY JOHNSON**  
*2nd Battalion, 39th Infantry Regiment*

The late spring is always an interesting time of the year, because I have the opportunity to watch the longest journey in all sports — the quest for the Stanley Cup in the National Hockey League. For two straight months, the tournament, which starts with 16 teams, is played.

During that time, the players continue to go onto the ice through the incredible pain of blocking shots, being checked hard and receiving sticks to the face. Afterward, some are physically never the same.

Why do they endure such agony and hardship?  
Because they are pursuing the dream of skating around

the ice at the end with a 35-pound trophy emblematic of their great team victory. The quest for the cup is a true test of character.

I think there are some parallels between the pursuit of excellence in sports and in life.

Some are concerned with winning at all costs, whereas others are more focused on doing their best, regardless of the final results.

Many of my favorite hockey players, like Steve Yzerman and Mark Messier, showed the most character in defeat, acting as true professionals.

As college basketball coaching legend John Wooden, whose teams won 10 NCAA Basketball Championships in his final 12 years at UCLA, said, “Be more concerned

about your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

At the end of your journey in the Army or other career, what is more important to you? The accolades you receive or the satisfaction you gain from knowing your choices are godly?

If you say the latter, you can leave the results in the Lord’s hands. The author of Hebrews tells us, “Let your conduct be without covetousness; be content with such things as you have. For he himself has said, ‘I will never leave you nor forsake you.’”

So we may then boldly say, “The Lord is my helper; I will not fear. What can man do to me?” (Hebrews 13:5-6).



**PROTESTANT**

- Sunday  
8 *a.m.* and 11 *a.m.* Daniel Circle Chapel (Gospel)  
7:45 *a.m.* Bayonet Chapel (Hispanic)  
9 *a.m.* and 10:30 *a.m.* Magruder Chapel  
9:30 *a.m.* Main Post Chapel  
10:45 *a.m.* Post-wide Sunday School (Main Post Chapel)  
11 *a.m.* Memorial Chapel  
11 *a.m.* Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday  
6 *p.m.* Prayer Service Daniel Circle Chapel  
7 *p.m.* Gospel Mid-week Service Daniel Circle Chapel

- Protestant Bible Study**
- Monday

- 7 *p.m.* Women’s Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday  
7 *p.m.* Anderson Street Chapel  
7 *p.m.* Daniel Circle Chapel  
7 *p.m.* Gospel Congregation’s Youth (Daniel Circle Chapel)
  - Thursday  
9:30 *a.m.-noon* Women’s Bible Study (PWOC, Main Post Chapel)  
6 *p.m.* Neighborhood CMF/OCF Bible Study (Call 790-4699)  
7 *p.m.* LDS Bible Study (Anderson Chapel)
  - Saturday  
8 *a.m.* Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

**PROTESTANT YOUTH OF THE CHAPEL**

- Saturday  
11 *a.m.* Daniel Circle Chapel (third Saturday)
- Sunday  
5 *p.m.* Main Post Chapel

**CATHOLIC**

- Monday-Thursday  
11:30 *a.m.* Mass (Main Post Chapel)
- Sunday  
8 *a.m.* Mass (MG Robert B. Solomon Center)  
11 *a.m.* Mass (Main Post Chapel)

- 9:30 *a.m.* CCD (Education Center)  
9:30 *a.m.* Adult Sunday School  
12:30 *a.m.* Catholic Youth Ministry
- Wednesday  
7 *p.m.* Rosary  
7:30 *p.m.* RCIA/Adult Inquiry

**LUTHERAN/EPISCOPALIAN**

- Sunday  
8 *a.m.* Memorial Chapel

**ISLAMIC**

- Sunday  
8-10 *a.m.* Islamic Studies (Main Post Chapel)
- Friday  
12:30-1:45 *p.m.* Jumah Services (Main Post Chapel)

**JEWISH**

- Sunday  
9:30-10:30 *a.m.* Memorial Chapel  
10:30-11:30 *a.m.* Jewish Book Study (Post Conference Room)

**CHURCH OF CHRIST**

- Sunday  
11:30 *a.m.* Anderson Street Chapel

**LATTER DAY SAINTS**

- Sunday  
9:30 *a.m.* Anderson Street Chapel

**ADDRESSES, PHONE NUMBERS**

- Daniel Circle Chapel**  
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**  
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**  
9476 Kemper St., 751-4542
- Family Life Chaplain**  
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**  
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**  
4581 Scales Ave.
- Magruder Chapel**  
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**  
1895 Washington St., 751-5086
- Memorial Chapel**  
4470 Jackson Blvd., 751-7324
- Chaplain School**  
10100 Lee Road, 751-8050



# FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Lt. Col. Ronald F. Taylor**

*Director,*

*Emergency Services/Provost Marshal*

**Sgt. Maj. Allen Taylor Jr.**

*Provost Sergeant Major*

**Billy Forrester**

*Fire Chief*



to register a vehicle on the installation must possess a valid state driver's license supported by military ID card or other appropriate identification for civilians; possess a certificate of state registration as required by the state in which the vehicle is registered; and continuing compliance with the minimum requirements of South Carolina motor vehicle insurance laws and regulations (e.g. safety and mechanical).

If at any time any one of the requirements is allowed to lapse — for example, a license is suspended or vehicle registration expires — the installation decal must be removed and returned to the installation registration office.

Should a police or security officer identify a vehicle with an installation registration sticker that is not in compliance with the requirements for registration, the owner/operator will be asked to remove the sticker.

Should the vehicle owner/operator refuse to remove the sticker, the officer will remove the sticker before the vehicle is allowed to proceed. Removal of the installation sticker will not preclude the vehicle owner/operator from receiving other sanctions as required by law for any violation.

## CASES OF THE WEEK

❑ Two civilians were issued five-year post bar letters after marijuana was found in their vehicle, Military Police said. MPs were called to the Gate 2 Shoppette after receiving a report that the civilians were soliciting patrons to purchase alcohol for them. The passenger was also charged with wrongful possession of a controlled substance and was issued a ticket for possession of marijuana.

❑ A Soldier was issued a ticket for improper backing after he struck another vehicle in with his car in the Welcome Center parking lot, MPs said.

❑ MPs and Explosive Ordnance Disposal personnel cleared an area near Post Headquarters after discovering a suspicious object that turned out to be a training aid. An investigation is ongoing.

## TIP OF THE WEEK

Registering a vehicle on Fort Jackson is a privilege. As such, drivers must meet minimum requirements to register the vehicle, and maintain those requirements to retain the vehicle's registration sticker.

A person whom is otherwise authorized

**crimestoppers**  
**1-888-559-TIPS**  
[www.midlandscrimestoppers.com](http://www.midlandscrimestoppers.com)

**FORCE PROTECTION**

**THOUGHT OF THE WEEK**

**MEDIA AWARENESS**



Never discuss operational information!!!



You can say "No," or refer outside media to the Public Affairs Office.



Protect Soldiers by protecting information!!!





# Cardholders can minimize risk of fraud

By **CAPT. JOEY SPULAVADO**  
*Legal Assistance Intern*

Credit and charge card fraud costs cardholders and issuers hundreds of millions of dollars each year. While theft is the most obvious form of fraud, it can occur in other ways. For example, someone may use your card number without your knowledge.

It is not always possible to prevent credit or charge card fraud. But there are a few steps you can take to make it more difficult for someone to capture your card or card numbers and minimize the possibility.

## PROTECTING YOUR CARDS

The best protections against card fraud are to know where your cards are at all times, and to keep them secure.

For protection of ATM and debit cards that involve a personal identification number, keep your PIN a secret. Do not use your address, birthdate, phone or Social Security Number as the PIN and do memorize the number.

The following suggestions may help you protect your credit card and your ATM or debit card accounts.

## FOR CREDIT CARDS

- Be cautious about disclosing your account number over the phone unless you know you are dealing with a reputable company.

- Never put your account number on the outside of an envelope or on a postcard.

- Tear up carbons and save your receipts to check against your monthly statements.

- Cut up old cards — cutting through

the account number — before disposing of them.

- Open monthly statements promptly and compare them with your receipts. Report mistakes or discrepancies as soon as possible to the special address listed on your statement for inquiries. Under the Fair Credit Billing Act (credit cards) and the Electronic Funds Transfer Act (ATM or debit cards), the card issuer must investigate errors reported to them within 60 days of the date your statement was mailed to you.

- Keep a record — in a safe place separate from your cards — of your account numbers, expiration dates, and the telephone numbers of each card issuer so you can report a loss quickly.

- Carry only those cards that you anticipate you will need.

- Sign your cards as soon as they arrive.

- Keep an eye on your card during the transaction, and get it back as quickly as possible.

- Notify card companies in advance of a change in address.

- Do not lend your card(s) to anyone.

- Do not leave cards or receipts lying around.

- Do not give out your account number over the phone or the internet unless you are making the call or visiting an Internet site of a company you know is reputable. If you have questions about a company, check it

out with your local consumer protection office or Better Business Bureau.

## FOR ATM OR DEBIT CARDS

- Don't carry your PIN in your wallet or purse, or write it on your ATM or debit card.

- Never write your PIN on the outside

of a deposit slip, an envelope or other paper that could be easily lost or seen.

- Carefully check ATM or debit card transactions before you enter the P I N

or before you sign the receipt; the funds for this item will be fairly quickly transferred out of your checking or other deposit account.

- Periodically check your account activity. This is particularly important if you bank online. Compare the current balance and recent withdrawals or transfers to those you have recorded, including your current ATM and debit card withdrawals and purchases and your recent checks. If you notice transactions you did not make, or if your balance has dropped suddenly, immediately report the problem to your card issuer. Someone may have co-opted your account information to commit fraud.

## REPORTING LOSSES AND FRAUD

If you lose your credit or charge cards or if you realize they have been lost or stolen,

immediately call the issuer(s). Many companies have toll-free numbers and 24-hour service to deal with such emergencies.

By law, once you report the loss or theft, you have no further responsibility for unauthorized charges. In any event, your maximum liability under federal law is \$50 per card.

Contact the fraud departments of each of the three major credit bureaus: Equifax, (800) 525-6285; Experian, (888) 397-3742; and TransUnion, (800) 680-7289. Tell them to flag your file with a "Fraud Alert/Victim Impact," a victim's statement asking creditors call before opening any new accounts or changing existing accounts. The statement reads: "My ID has been used to apply for credit fraudulently. Contact me at (phone number) to verify all applications."

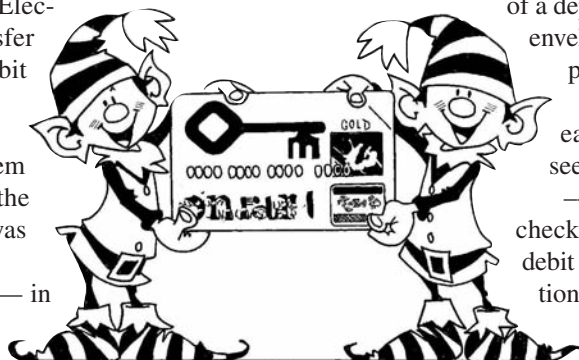
Ask each credit bureau for a copy of your credit report. Request a copy of your credit report every few months to monitor any possible fraudulent activity.

If you suspect fraud, you may be asked to sign a statement under oath that you did not make the purchase(s) in question.

File a report with local police or the police in the community where the identity theft took place. It is a violation of federal law and the laws of many states to assume someone's identity for fraudulent purposes.

If the police refuse to write a report, be persistent. It is important to request copies of the police report in case the bank, credit card company or others need proof of the crime.

Even if the police are unable to catch the identity thief in your case, having a copy of the police report will help when dealing with creditors.



# Commanders in charge of instilling supply discipline

By **SGT. 1ST CLASS FAAPEPELE HUNKIN-TAJALLE**  
*Assistant Inspector General*

Capt. John recently arrived to the 123rd Maintenance Company to become the new company commander. He noticed during his walk-through that hand receipts were not properly signed, inventory checks had not been conducted, Organizational Clothing and Individual Equipment records were incomplete, and there was not a Command Supply Discipline Program SOP.

He wanted to ensure he started out on the right path as company commander, so he contacted the Inspector General's Office to seek assistance through its "Teach and Train" function.

A short time later, a representative from the IG office sat down with him and reviewed AR 710-2, Appendix B and AR 735-5, Chapter 11, which covers the CSDP for managing property and ensuring supply discipline within any organization.

The IG informed him that any commander who demonstrates and demands high CSDP standards will see it reflected in the unit's supply performance.

Commanders should demonstrate interest in the supply operation by constantly staying involved and emphasizing the importance of supply discipline.

The CSDP is a commander's program that is mandatory at all levels. The CSDP simplifies command, supervisory and managerial responsibilities. Command emphasis is vital to the success of any CSDP.

Commanders must enforce and implement effective programs to ensure resources are being used without causing fraud, waste and abuse.

Commanders at all levels will accomplish a successful CSDP by adhering to the following responsibilities: Apoint in writing a CSDP monitor to oversee the use of the program; implement an aggressive CSDP that uses all existing personnel and resources; establish formal training programs with emphasis on adequate controls and com-

pliance with supply and financial regulations and directives; report supply problems to the next higher echelon for assistance; and promote supply discipline consciousness and ensure property accountability has been established and is being maintained in accordance with the regulation.

Conducting routine internal evaluations to ensure that proper supply discipline is being practiced within the unit is a great tool that all commanders must use.

The best means of ensuring supply discipline is to be proactive and not reactive in supply operations. Enforcing discipline and compliance with regulations requires constant command emphasis.

To effectively instill and maintain supply discipline, commanders and supervisors must routinely adhere to CSDP procedures and conduct supply discipline training for all subordinates.

For more information on the CSDP, contact the IG Office at 751-3247.